

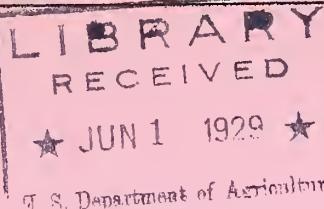
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Housekeepers' Chat



Friday, June 7, 1929.

NOT FOR PUBLICATION

Subject: "Refreshments for Forty." Recipes from Bureau of Home Economics.

Publication available: "Aunt Sammy's Radio Recipes."

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The time has come, as the immortal Walrus said, to talk of many things - but principally of those things which are appropriate for hot weather. Fruit punch, for example -- something cold and refreshing -- a cool green spring of mint atop a frosty liquid -- the tinkle of ice against thin glass -- does that make you thirsty?

Three people wrote to me last week asking for advice on party refreshments. One writer says she has been elected chairman of a committee which must plan refreshments for 35 or 40 people, and she wants something easily prepared and served.

Why not a good Fruit Punch? And Cocoanut Snowballs? First, I'll broadcast the recipe for Fruit Punch -- it's a good one to have on hand, for you never can tell when you will be responsible for quantity refreshments. My recipe for Fruit Punch serves 40 people. It contains ten main ingredients. If I read slowly, I believe you will have no trouble in writing the recipe. Ten ingredients, for Fruit Punch:

1 can grated pineapple  
3 cups boiling water  
1 cup freshly made, strong tea  
Juice of 6 lemons  
Juice of 10 oranges

1/4 teaspoon salt  
1 quart grape, currant, loganberry, raspberry or strawberry juice  
2 pint bottles pale ginger ale  
2 pounds sugar, boiled with 1 quart water, for 10 minutes  
Ice and ice water

Now let's check the ingredients: (Repeat)

Combine the pineapple, fruit juices, tea, salt and the sirup after it has cooled. It is better to make the punch a few hours ahead, and let it stand, closely covered, on ice to chill and ripen. At serving time, add the ginger ale, and cracked ice and ice water to dilute to the strength desired. Garnish with thin slices of fruit, and mint leaves.



Now, the best thing I know of, to serve with this punch, is Cocoanut Snow Balls. The first step in making Cocoanut Snow Balls is to bake an Angel Food Cake, according to your favorite recipe, or the one given in the Radio Cookbook. Then, when the cake is done, make two times the usual recipe for Vanilla Frosting. That's in the Radio Cookbook, too. Are my directions clear, so far? Make an Angel Food Cake, and two times the usual recipe for Vanilla Frosting.

When the cake is cold, cut it into 75 or more small pieces, of uniform size. Keep the Vanilla Frosting over hot water. Drop two or three pieces of the cake into it, at one time. Turn the pieces of cake over with a fork, until they are well covered with the frosting. Then take the cakes out of the frosting, and roll them in finely grated, fresh cocoanut. Press them into the shape of a ball, with the tips of your fingers. When the cakes are well-coated, and evenly-shaped, place them on waxed paper. Let them dry, for two or three hours.

Serve these with the cold, refreshing punch, and I'm sure the refreshments committee will be highly complimented.

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The next number on our program is a brief talk on "Summer Greens," by W.R.B., the garden adviser. After the early spring, you know how hard it is sometimes, to get anything really palatable, in the way of greens. That's what I told W.R.B., and agreed with me.

"Did you ever hear of a plant called spinach beet?" he asked. "Well, spinach beet is the common name for Swiss chard, which is really a kind of beet, which does not form an enlarged root, as does the true garden beet, but has a great many tender leaves, and leaf stems, that are excellent for greens. The best thing about Swiss chard is that it stands the heat of summer. If you keep the leaf stems removed, it will go on producing, until after frost. There are several varieties of Swiss chard; the one known as Lucullus is considered one of the best.

"The seed of Swiss chard is like beet seed; it is planted the same as garden beet seed. If the plants come a little too thick in the row, thin them, and use the thinnings for greens. Later, as the remaining plants grow, continue to cut off the stems and leaves for table use.

"New Zealand spinach is perhaps after all the most important of our garden crops which may be used for summer greens. New Zealand spinach will go right on producing greens all summer, and the more you cut the tips of the branches, the more it will produce. This plant requires rich soil, and should be planted in a rather wide row, in order to have plenty of growing room. If given poultry netting or strings to climb upon it will grow above the ground, and give you a cleaner, nicer lot of greens than if allowed to grow on the ground. The seeds should be planted just as soon as the weather is warm. Cover them an inch deep. If you haven't tried New Zealand spinach in your garden, you will find it well worth the effort put upon it.



"There is another kind of green," said the garden adviser, "which has been attracting a lot of attention lately. It is called sprouting or branching broccoli, and is a kind of cauliflower, which does not form a true head, but numerous small, greenish heads with thickened stems that make excellent greens, if used while tender. Branching or sprouting broccoli is especially fine for use late in the summer, and during the early fall. It should be planted just the same as late cabbage or cauliflower. Broccoli is one of our most popular vegetables this season.

There are a lot of plants which can be used as greens in the spring, and late fall; our problem is to have a supply of greens in midsummer. Here's where New Zealand spinach fills the gap between ordinary spinach in the spring, and other crops, such as broccoli, that can be grown in the fall," concluded W.R.B.

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The third and last part of our program will be devoted to questions propounded by the "Please Tell Me" society.

First question: "Will you please tell me how to remove fresh fruit stains?"

Answer: The most common method of removing fresh fruit stains, from white, or fast-colored washable material, is the boiling water method. Stretch the stained material over a bowl. Fasten it with a string, or a rubber band, if necessary. Then pour boiling water upon it, from a teakettle held at a height of 3 or 4 feet, so the water will strike the material with some force. If the fruit stain remains, after this treatment, hang the wet material in the sun to dry. Fruit stains which will not respond to the boiling water treatment may often be bleached out by the old reliable lemon-juice-and-sunshine method.

Second question: "What is the safest method of keeping milk in the summer time?"

Answer: Keep milk in the refrigerator, at a temperature of 45 degrees Fahrenheit, or below. A temperature of 45 degrees or below can be obtained in the milk compartment of a good, well-insulated, well-constructed refrigerator, in a room of ordinary temperature. It is also important that milk be placed in the refrigerator as soon as possible after delivery.

Under no circumstances should milk be placed in a refrigerator in an open pitcher, bottle, or other uncovered container. It should be tightly covered, and not be opened until immediately before use. If only a portion of the milk is used, the cap should be replaced. Milk should always be kept in the coldest part of the refrigerator.

Monday: From Garden to Can.

